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Tuesday, January 22, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

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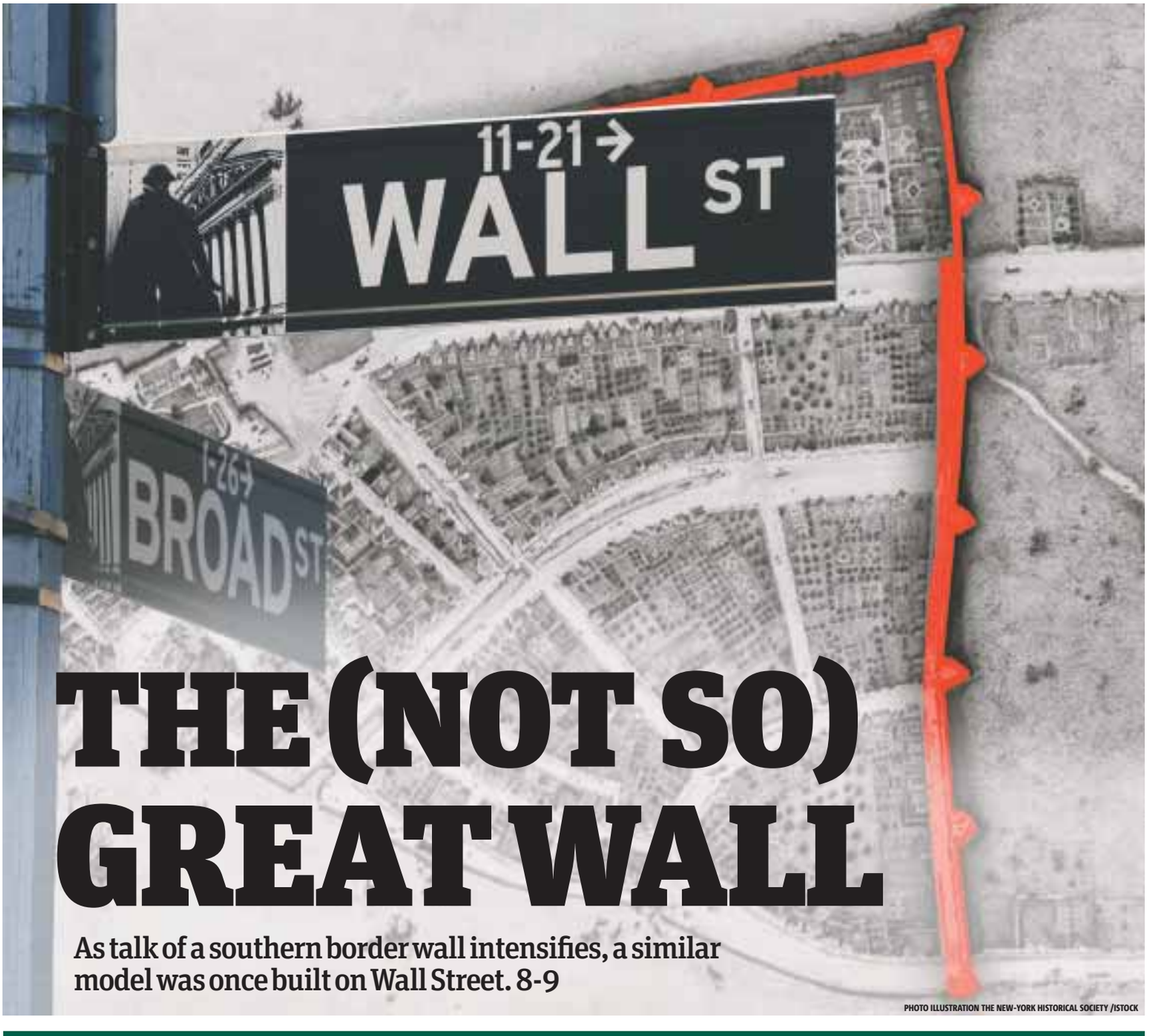

THE (NOT SO) GREAT WALL

As talk of a southern border wall intensifies, a similar model was once built on Wall Street. 8-9

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5 THINGS TO KNOW

WELCOME TO METRO.US

KRISTIN TOUSSAINT, REPORTER

I've been noticing a lot of talk about walls lately, and you probably have, too. As President Donald Trump continues his push for a border wall between the United States and Mexico, I've seen some people online talk about one wall here in New York City that didn't quite work as intended. It's the story of how Wall Street got its name, and how New Amsterdam became New York. Read more about when Wall Street was an actual wall, and how the fortification failed, inside and at **metro.us**.

1 TRUMP TWEETS SUPPORT OF SCHILLING FOR HOF

The National Baseball Hall of Fame will announce its Class of 2019 on Tuesday, and President Donald J. Trump said he hopes that pitcher Curt Schilling's name will be on the list. Trump tweeted his support for the six-time All-Star and three-time World Series champion on Sunday. "Curt Schilling deserves to be in the Baseball Hall of Fame. Great record, especially when under pressure and when it mattered most. Do what everyone in Baseball knows is right!" the president wrote. Trump's backing won't have any influence on the voters, as the deadline for ballots for this year's class was Dec. 31. Schilling, 52, has been on the ballot since 2013. He received 52.3 percent of the vote from the Baseball Writers' Association of America in 2016 and 51.2 percent last year, falling short of the minimum 75 percent required for enshrinement in Cooperstown, New York. In 20 seasons, the right-hander racked up 216 wins with a 3.46 ERA and 3,116 strikeouts. He was runner-up for the National League Cy Young Award in 2001 and 2002 and runner-up for the American League Cy Young Award in 2004.

2 GISELE, BRAZIL'S FARM MINISTER IN AMAZON SPAT

A high-profile dispute between supermodel Gisele Bundchen and Brazil's agriculture minister over deforestation escalated this week, coming as activists worry about new President Jair Bolsonaro's environmental policies. The Brazilian model replied to criticism from Agriculture Minister Tereza Cristina Dias by arguing that despite the existence of preserved areas, deforestation in the Amazon rainforest is on the rise. The letter, seen by Reuters on Thursday, challenged Dias to show progress toward sustainability, saying, "I will be very happy to announce positive actions that are taken in this direction." Dias had criticized Bundchen on a radio program on Monday for "saying bad things about Brazil without knowledge of the facts," and calling the country a deforester. Dias said the model should instead be highlighting achievements in preservation. Bundchen, who is married to Patriots quarterback Tom Brady, responded on Twitter on Wednesday but did not name Dias or the Agriculture Ministry. She has been involved in environmental causes since 2006.

3 PRESIDENT TRUMP VISITS MLK MEMORIAL IN WASHINGTON, DC

President Donald Trump and Vice President Mike Pence visit the Martin Luther King Jr. Memorial on Monday in Washington, D.C. They placed a wreath to commemorate the slain civil rights leader.

GETTY IMAGES

4 GIULIANI BACKTRACKS ON TRUMP–MOSCOW TALK

President Donald Trump's lawyer Rudy Giuliani backtracked on Monday from earlier comments that Trump pursued a business deal to erect a tower bearing his name in Moscow throughout 2016, saying his statements "were hypothetical and not based on conversations I had with the president." Giuliani told NBC's "Meet the Press" on Sunday that Trump may have continued to pursue the project and had discussions about it with his former personal attorney, Michael Cohen, until as late as October or November 2016, when Trump was closing in on his election victory over Democrat Hillary Clinton. Giuliani went a step further with the New York Times, where he quoted Trump saying the Trump Tower Moscow discussions were "going on from the day I announced to the day I won." The Moscow deal ultimately did not materialize, but Giuliani's remarks suggest that Trump's discussions about the project with Cohen may have dragged on until the election, raising new questions for congressional investigators looking into possible ties between the president and Russia.

5 MURDERS IN MEXICO RISE IN 2018 TO NEW RECORD

Murders in Mexico rose by 33 percent in 2018, breaking the record for a second year running, official data showed, underlining the task facing the new president who has pledged to reduce violence in the cartel-ravaged country. Investigators opened 33,341 murder probes compared with the previous year's record of 25,036, according to information from the Interior Ministry published on Sunday. Mexico has struggled with years of violence as the government has battled brutal drug cartels, often by taking out their leaders. That has resulted in fragmentation of gangs and increasingly vicious internecine fighting. The complexity of fighting criminal groups is a major test for President Andres Manuel Lopez Obrador, who assumed office in December, vowing to try a different approach to his predecessor. Of Mexico's 32 regions, the central state of Guanajuato registered the highest number of murder probes opened in 2017.

STATS

MOST SUPER BOWL APPEARANCES

Super Bowl appearances and Super Bowl wins by NFL teams.

Super Bowl appearances Super Bowl wins

New England Patriots	5/11
Pittsburgh Steelers	6/8
Dallas Cowboys	5/8
Denver Broncos	3/8
San Francisco 49ers	5/6
Green Bay Packers	4/5
New York Giants	4/5
Washington Redskins	3/5
Oakland Raiders	3/5
Miami Dolphins	2/5

ESPN

Sen. Kamala Harris (D-CA) listens during a Senate Committee on Homeland Security and Gov. Affairs hearing. GETTY IMAGES

Sen. Kamala Harris jumps into 2020 White House race

The former California state attorney general officially announced her presidential bid.

First-term Sen. Kamala Harris of California, a rising party star and outspoken critic of President Donald Trump's immigration policies, launched her 2020 campaign for the White House on Monday by touting her prior career as a prosecutor.

Harris, 54, the daughter of immigrants from Jamaica and India, enters the race with the potential advantage of being the Democratic candidate who looks most like the party's increasingly diverse base of young, female and minority voters.

"I have the unique experience of having been a leader in local government, state government and federal government," she said in an appearance on ABC's "Good Morning America."

She timed her announcement for the Martin Luther King Jr. Day holiday honoring the slain civil rights leader, saying he was an aspirational leader.

"We are the best of who we are when we fight to achieve these ideals," she said on ABC. "We are flawed, we are not perfect, but we are a great country when we think about the principles upon which we're founded."

The former California state attorney general has become popular with liberal activists for her tough questioning of Trump administration appointees and officials, including Supreme Court nominee Brett Kavanaugh and former Attorney General Jeff Sessions, during Senate hearings.

Her campaign will focus on reducing the high cost of living with a middle-class tax credit, pursuing immigration and criminal justice changes and a Medicare-for-all health care system. She has said she will reject corporate political action committee money.

Harris' campaign will be based in Baltimore, with a second office in Oakland. Her slogan will be "For the People," in a nod to Harris' roots as a prosecutor, aides said.

She will hold a launch rally in Oakland before the end of the month.

As one of the earliest congressional critics of President Donald Trump's immigration policies, Harris has pushed hard for a deal to protect from deportation those immigrants who came to the country illegally as children, a group known as Dreamers.

Harris is the fifth Democrat to enter what is shaping up to be a crowded battle for the nomination to challenge Trump, the likely Republican candidate.

She and other Democrats will have to navigate the party's debate about whether an establishment figure who can appeal to centrist voters or a fresh face who can energize its increasingly diverse and progressive base offers the best chance to beat Trump in 2020.

Harris, who made history in 2016 as the first black woman elected to the U.S. Senate from California, has embraced the party's diversity ahead of a Democratic nominating campaign where minority voters and liberal activists are expected to have an outsized voice.

Harris has pushed back against critics of "identity politics," who she says are using the term as a pejorative to marginalize issues of race, gender and sexual orientation.

"It is used to try and shut us up," Harris told a conference of liberal activists last summer. REUTERS

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A TSA agent waits for passengers to use the TSA PreCheck lane. ALL GETTY IMAGES

US air safety agents' absences hit record level due to shutdown

Unscheduled absences among U.S. airport security officers rose to a record 10 percent in the fifth week of the shutdown.

The U.S. Transportation Security Administration, where employees are going unpaid amid a partial government shutdown, said on Monday that unscheduled absences among U.S. airport security officers rose to a record 10 percent on Sunday as the shutdown reached its 31st day.

The agency said the rate was up from the previous high of 7 percent on Saturday. It also was more than three times the 3.1 percent absence rate on the same day last year, when the government also was partially closed due to legislative funding issues.

As the partial government shutdown continues, air safety has become a top concern as the number of TSA agents not showing up for work grows.

The agency said many employees, who are not being paid because of the shutdown, are not reporting to work because of financial hardships.

1.78M

Nearly all 1.78 million passengers screened Sunday faced normal security waits of 30 minutes or less, despite the absences, TSA said.

More than 50,000 TSA officers are among some 800,000 federal workers who have been ordered to stay home or work without pay during the shutdown.

Nearly all 1.78 million passengers screened Sunday faced normal security waits of 30 minutes or less, despite the absences, TSA said.

Some airports experienced longer wait times at security checkpoints, and on Sunday, Baltimore/Washington International Thurgood Marshall Airport closed one of its checkpoints because of excessive absences.

About one-quarter of the U.S. government has been shuttered since Dec. 22 over Trump's demand for $5.7 billion to fund a wall along the border with Mexico, which Democrats have refused to consider.

The promise of a border wall was a mainstay of Trump's 2016 presidential election campaign. As a candidate, he said Mexico would pay for the barrier, but the Mexican government has refused.

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Schumer pushes for bill to protect furloughed workers

GETTY IMAGES

The Federal Employee Civil Relief Act would safeguard federal workers from eviction and financial penalties.

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Sen. Chuck Schumer is pushing for a new bill that would protect furloughed federal workers from being evicted and facing penalties for falling behind on bills during the partial government shutdown.

As the government shutdown (in its 31st day as of Monday) continues, federal workers face another payday without a paycheck.

Schumer, the U.S. Senate minority leader, outlined the new bill on Sunday. Called the Federal Employee Civil Relief Act, it would safeguard federal workers from being evicted or foreclosed upon, having their car or other property repossessed, falling behind on student loan payments, and falling behind on paying bills or losing insurance because of missed premiums.

"Across New York City and Long Island, thousands of people and their families continue to suffer through a needless government shutdown that has absolutely nothing to do with the federal agencies they so diligently serve," Schumer said in a statement. "Their bills are piling up and their worry for how they will pay their rent, mortgage, car payment, student loan as well as other bills just keeps growing with each passing day.

"That is why, amidst another push to open the government, I am fighting with my colleagues for necessary financial protections for impacted federal workers during this shutdown and for workers of any future shutdown," he added. "Because no federal public servant should have their financial well-being held hostage by a president unwilling to simply open the government in the middle of a debate."

The Federal Employee Civil Relief Act was introduced by Sen. Brian Schatz (D-Hawaii) and co-sponsored by Schumer along with 24 other senators, all of whom are Democrats.

This bill is modeled, according to Schumer's office, after the Servicemembers Civil Relief Act, enacted in 2003 and designed to ease the financial burdens faced by servicemen during times of their military service.

The government shutdown is affecting more than 800,000 federal workers across the country. Almost two-thirds of these federal workers "likely have less than two weeks of expenses set aside to live," according to New York Times research based on the 2013 government shutdown.

Schumer, Trump and the government shutdown: What next?

Along with pushing for the passing of the Federal Employee Civil Relief Act, Schumer says he will continue to urge President Donald Trump to open the government.

Trump on Saturday proposed a deal to end the government shutdown by providing temporary protection for young undocumented immigrants, known as Dreamers, and immigrants who fled disaster zones who have temporary protected status (TPS) in exchange for $5.7 billion in funding for the border wall.

House Speaker Nancy Pelosi has rejected the proposal. Schumer also criticized the option, saying in a statement that "It was the president who single-handedly took away DACA and TPS protections in the first place — offering some protections back in exchange for the wall is not a compromise but more hostage-taking."

Majority Leader Mitch McConnell plans to put the proposal to a Senate vote on Tuesday.

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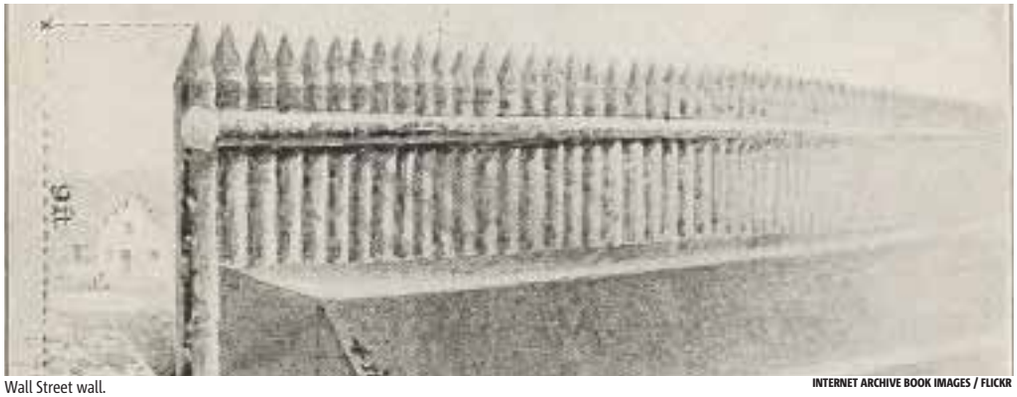

Wall Street wall.

INTERNET ARCHIVE BOOK IMAGES / FLICKR

Wall Street was once a wall — here's why it didn't work

All this talk of a border wall from President Donald Trump has people looking back to when walls were unsuccessful.

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As President Donald Trump continues to push for a border wall between the United States and Mexico, critics of the plan have stepped forward to share the ways throughout history that walls haven't worked, and one example is right in New York City, on what is now known as Wall Street.

Maybe you've seen the meme shared on Facebook and Twitter that lays out this story: "In the 1640s the Dutch inhabitants of New Amsterdam built a 12' wall to keep the bad hombres out," it begins.

"In 1664, the British ignored the wall and took New Amsterdam by sea. It's now called New York," it continues. "They took down the wall and built a street. It's called Wall Street."

Like most things shared on the internet without a source, some have questioned if this tale is completely true. The answer? Yup, except for some details, according to Dr. Firth Fabend, a historian who has studied New Netherland, the colony established by the Dutch.

"It was actually built in 1653," Fabend said of the Wall Street wall, "and it followed … an Indian path that led across the island of Manhattan, from the

"Redraft of the Castello Plan, New Amsterdam in 1660. Color wash on paper by John Wolcott Adams, 1916.

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East River to the Hudson River, that bordered the northern boundary of the community known as New Amsterdam."

New Amsterdam was small, with only about 300 to 400 inhabitants, and was threatened by the English, who were settled further north in New England.

The authorities of the Dutch West India Company, having heard the English planned to attack, "ordered the Director General Peter Stuyvesant to build a wall, a defensive wall," Fabend said.

Slaves dug a 3-foot-deep trench along that path all the way across Manhattan Island. Then they cut down 12-foot-tall trees, according to Fabend, sharpened their tops into a point to discourage anyone from scaling the wall, set the trunks into the trench and filled it in with dirt and stones.

That means the Wall Street wall was probably just 9 feet high, not 12 like many on the internet have said, but still, that's "higher than any person," Fabend noted. Blockhouses at either end of the Wall Street wall also fortified the boundary, probably featuring a man with a musket as added security.

"But it didn't really work," she added, "because the English came around the tip of Manhattan and demanded that the Dutch surrender to them."

The Dutch did anticipate that "the openness of this place along the water side, both along the East and North Rivers being notorious," could threaten their safety, according to the New York City Municipal Archives — one post details historical plans from February 1664 to "encircle the entire city with a 'stone wall on the land side and palisades along both the river fronts.'"

Still, it wasn't enough, and ships off of Nut Island (now called Governor's Island) and within firing distance of Fort Amsterdam pressured Stuyvesant to surrender. Fort Amsterdam became Fort James and New Amsterdam became New York.

Another issue with the abridged version of the story floating around the internet has to do with the fate of the Wall Street wall. The English didn't tear it down right away — in fact, they attempted to keep it "in a state of repair," records show. But eventually the Wall Street wall decayed, falling into disrepair until its remnants were seen as a hazard and demolished.

"It lasted long enough that it gave its name to Wall Street," Fabend said. Wall Street became known as a financial center in the 1700s, when "semi-official brokers began trading shares of stock beneath a sycamore tree on it," according to the New Netherland Institute.

In 1751, workers in nearby Trinity Churchyard discovered part of a wall, according to the New York City Municipal Archives, and to this day you can reportedly trace the original Wall Street wall by following square wooden markers amidst the cobble stones.

The story of the Wall Street wall joins countless others about how walls haven't worked throughout history, though it was never meant to be an immigration-control border, just a military border. During Trump's call for a border wall, some have pointed to other failed fortifications, like the wall that divided East and West Berlin, a proposed partition to separate Palestinian and Israeli states, and even the Great Wall of China.

"Human ingenuity is going to win out in the long run," said Fabend, "and it's better if human ingenuity is focused on the problems that can be solved."

"It was actually built in 1653, and it followed ... an Indian path that led across the island of Manhattan, from the East River to the Hudson River, that bordered the northern boundary of the community known as New Amsterdam."

Dr. Firth Fabend, historian

THE NEW YORK HISTORICAL SOCIETY / GETTY IMAGES

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Former WNBA star lends hand on MLK Day of Service

Former New York Liberty star Swin Cash (top left) speaks to a group of students during an MLK Day of Service event. ALL PHOTOS COURTESY NBC

Swin Cash helped City Year New York beautify two 'high-need' Bronx schools.

WILL DRICKEY
will.drickey@metro.us

To honor the memory of civil rights leader Martin Luther King Jr., City Year New York and Olympic gold medalist and former WNBA star Swin Cash, along with more than 1,000 volunteers, spent the holiday doing community service work in Bronx-area public schools.

"It's the actions that we take every single day ... that impact people's lives," said New York State Assembly Member Marcos Crespos at the Day of Service's opening rally. "If we do a little more of those things … we strengthen the only thing that binds us all: love."

"You can be the change in your community."
Swin Cash

The project was not just to beautify the previously stark beige walls of Bronx schools JHS 123 and MS 337, but to provide young students in high-risk areas role models of color to look up to, such as Ellen Ochoa and Franklin Chang Diaz, the first people of Hispanic descent to go into space.

"You can be the change in your community," Cash, a two-time Olympic gold medalist who played in 15 WNBA seasons, including three with the New York Liberty, said to assembled volunteers.

City Year New York runs a network of "near-peer" mentors for students at "high-need" elementary and middle schools, who work to provide students academic and emotional support to cope with stressful and sometimes dangerous out-of-school environments.

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Make your money work harder by earning higher interest rates.

Talk to a banker for more details. Offer expires March 22, 2019.

WELLS FARGO

Platinum Savings Account

2.10% **Annual Percentage Yield for 12 months[1]**

Enjoy a special interest rate for 12 months with new money deposits of at least $25,000 and a minimum daily account balance of $25,000 or more.

Fixed Rate CD

2.60% **Annual Percentage Yield for 11 months[2]**

Guaranteed fixed rate with new money deposits of at least $25,000 for an 11-month term.

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. *Portfolio by Wells Fargo*® customers are eligible to receive an additional interest rate bonus on these accounts.[3]

1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit $25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of $25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the $25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of $0.01 to $99,999.99 is 0.03% (0.03% APY) and with an account balance of $100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is $25. A monthly service fee of $12 applies in any month the account falls below a $3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of $1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. **2.** Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of $25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least $25,000 is for this offer **only** and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. **3.** The *Portfolio by Wells Fargo* program has a $30 monthly service fee, which can be avoided when you have one of the following qualifying balances: $25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or $50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the *Portfolio by Wells Fargo* relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the *Portfolio by Wells Fargo* relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

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NMLSR ID 399801

Important Knee Arthritis Pain Alert

Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years...

*Free Screenings Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand*

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first.*

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

Because There is Proof
Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got.. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results
and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment
And How Can You Find Out
If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction.

Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis.

This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation…

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless, too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it...there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

You Get To See If You Qualify For FREE

That's' right. We want you to see EVERYTHING first hand and to ***prove*** to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are… They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening. But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at **1-877-380-8537** and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **1-877-380-8537.**

NYC PAIN MD

1-877-380-8537

Student denies mocking Native American activist

The viral video sparked outrage and condemnation by Kentucky's Covington Catholic High School.

A white high school student seen with classmates appearing to confront a Native American Vietnam veteran near the Lincoln Memorial issued a statement on Sunday that video of the incident that went viral gives the false impression that the teens were instigators.

Nick Sandmann, a student from the private, all-male Covington Catholic High School in northern Kentucky, is seen in the video standing face-to-face with the Native American activist, Nathan Phillips, staring at him with a smile, while Phillips sings and plays a drum.

The footage, shared online by organizers of an indigenous people's march that took place in Washington on Friday before the incident, shows a group of fellow Covington students surrounding Phillips and apparently mocking him.

Phillips recounted in a separate video that he heard the students chanting "Build that wall" during the encounter.

The students, many wearing baseball caps emblazoned with President Donald Trump's "Make America Great Again" slogan, were in the nation's capital the same day for an anti-abortion rally.

The footage sparked outrage on social media and led the high school to issue a statement condemning the students' actions and promising an investigation.

But Sandmann, whose statement was tweeted by CNN anchor Jake Tapper late on Sunday, insisted the video was misinterpreted, leading to "outright lies being spread about my family and me."

He denied acting with any disrespect toward Phillips.

According to Sandmann, his group was waiting on the steps of the Lincoln Memorial for their bus back to Kentucky when four African-American protesters nearby began shouting racially charged insults at them.

With permission from their teacher chaperones, the students responded

NOTICE OF PROPOSED CLASS ACTION SETTLEMENT

**SUPREME COURT STATE OF NEW YORK -
NEW YORK COUNTY *INDEX NO. 158298/14***
MAOR, et al. v. CENTERPLATE, INC., SERVICE AMERICA CORP. d/b/a CENTERPLATE and VOLUME SERVICES, INC.

TO: All individuals who performed work as servers/attendants, bussers, bartenders, food runners, captains and other service workers performing work at Centerplate's catered events in New York from August 22, 2008 to June 30, 2018. (the "Class" and "Class Members")

This Notice relates to a proposed settlement of a class action litigation for up to $5.7 million. Publication has been authorized by a New York State court. It contains important information as to your right to participate in the settlement, make a claim for payment, or elect not to be included in the class.

THE LAST DATE TO PARTICIPATE, OBJECT, OR OPT-OUT OF THIS SETTLEMENT IS MARCH 11, 2019

Marshall Maor ("Plaintiff") filed a lawsuit in 2014 alleging claims for unpaid gratuities against Centerplate, Inc., Service America Corp. d/b/a Centerplate and Volume Services, Inc. d/b/a Centerplate ("Defendants" or "Centerplate"). Defendants deny any wrongdoing and maintain that all workers were compensated in accordance with the law.

Plaintiffs and Defendants have agreed to settle the action subject to the approval of the Court. Defendants, while denying wrongdoing of any kind whatsoever, and without admitting liability, nevertheless have elected to settle the Action to avoid the expense, inconvenience and the distraction of litigation. The Court has not decided who is right and who is wrong or who would prevail if this case went to trial.

To receive a payment, you must timely complete and return a Claim Form to the Settlement Claims Administrator, which is available at *www.CenterplateSettlement.com*. Your Claim Form must be mailed, faxed or emailed to the Settlement Claims Administrator no later than March 11, 2019. If you fail to submit a timely Claim Form you will not receive a monetary distribution from the settlement. Your rights and options are summarized in the Court approved Notice which may be obtained by contacting the Settlement Claims Administrator:

Centerplate Class Action c/o Simpluris Inc.
P.O. Box 26170 Santa Ana, CA 92799
Phone: (888) 836-1713 | Fax: (714) 824-8591
Email: Centerplate@Simpluris.com

If you elect to participate in the settlement your allocated share shall be determined by a settlement allocation formula that takes into account the following factors: (1) your status as a Centerplate employee or staffing agency worker assigned by Gotham Personnel, Top Shelf Staffing, Eden, JBC, United, PSS, NBH, or other staffing agencies; (2) your work location such as Javits Center, Saratoga Race Course or Belmont Park, and; (3) the dates and times that you worked at the Centerplate venues in New York between August 22, 2008 to June 30, 2018.

The law firms of Virginia & Ambinder, LLP, 40 Broad Street, 7th Floor, New York, New York, 10004, (212) 943-9080, www.vandallp.com and Leeds Brown Law, P.C., One Old Country Road, Suite 347, Carle Place, New York 11514, (800) 585-4658, www.leedsbrownlaw.com have been designated as legal counsel to represent you and the other Class Members. These lawyers are called Class Counsel.

This notice summarizes the proposed settlement. More details are in the Settlement Agreement, Notice and Claim Forms. You can review the Settlement Agreement by asking for a copy of the Settlement Agreement by writing or contacting Class Counsel.

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by shouting "school spirit" chants to "drown out the hateful comments" directed at them.

In the midst of this interaction, Sandmann said, he noticed that a Native American protester — since identified as Phillips — "began playing his drum as he waded into the crowd, which parted for him."

"He locked eyes with me and approached me, coming within inches of my face. He played his drum the entire time he was in my face," Sandmann recalled.

"I never interacted with this protester. I did not speak to him. I did not make any hand gestures or other aggressive moves," Sandmann wrote, adding that he was "startled and confused" as to why Phillips approached him.

Sandmann said he reasoned that by remaining "motionless and calm" he hoped to defuse the situation.

His account was reinforced, at least in part, by a New York Times report on Sunday quoting Phillips, 64, as acknowledging he had approached the crowd of students in a bid to ease racial tensions that had flared between the mostly white teens and the African-American protesters.

"I stepped in between to pray," said Phillips, an elder of Nebraska's Omaha tribe and a well-known activist who was among those leading the Standing Rock protests in 2016-2017 against construction of an oil pipeline in North Dakota.

Phillips could not be reached by Reuters for comment over the weekend. REUTERS

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If Daily Balance in the account falls below $50,000 on any day, APY will be revert to the current published APY offered for Money Market accounts.
*The rate may change after the account is opened. *Fees may reduced the earnings on the account.
*The rate is effective as of November 30, 2018 and subject to change without notice.
Withdrawal Transactions: Withdrawal transactions from savings and money market accounts are governed by federal law and, if they are exceeded, a fee will be charged and the account could be reclassified as described in your account documents. Please contact us for more information.

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Flushing, NY 11354
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AFFORDABLE APARTMENTS FOR RENT

Ivy Tower, located at 350 W. 43rd St/345 W. 42nd St., is pleased to announce that applications are now being accepted for nine affordable rental apartments and to replenish the waitlist. The size, rent, and income requirements are as follows and households must meet the income and family size requirements:

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7	One-bedroom	$724	1 2	$25,395-$29,240 $25,395-$33,400
0	Two-bedroom	$879	2 3 4	$30,454-$33,400 $30,454-$37,560 $30,454-$41,720

NOTES: *Apartment type subject to occupancy criteria. **Rent includes cooking gas and heat. **/***Rent and income requirements are subject to change.

APPLICANTS WILL BE REQUIRED TO MEET INCOME AND ADDITIONAL CRITERIA

To request an application **by mail,** please send a self-addressed envelope to:

Housing Waitlist SHF — Ivy Tower
1357 Broadway, Box 309, New York, NY, 10018.
No walk-in applications allowed.

To request an application **by email**, send your name and address to infoivytower@gmail.com.

Requests must be received by **March 2, 2019**. Completed applications must be returned by regular mail to a different post office box that will be listed on the application. Applications will be considered on a first come, first serve basis and will be accepted until vacancies are filled and the waiting list has been replenished.

Preference will be given to New York City residents. If you require an application in Spanish or Mandarin, make note in your application request.

No broker's or application fee should be paid to anyone regarding these applications.
The submission of an application does not guarantee you an apartment, and in no way binds the housing company to reserve or assign an apartment to you.

This project has been posted at www.nyhousingsearch.gov for more information.

Homes and Community Renewal

ANDREW M CUOMO, Governor
RUTHANNE VISNAUSKAS, Commissioner/CEO
Financing Provided by NYS Housing Finance Agency

The population of the Pallas's cat is at risk, so the Prospect Park Zoo is joining a program to breed the small wildcat.
JULIE LARSEN MAHER © WCS IMAGE

Near-threatened Pallas's cats to be bred in new exhibit at Prospect Park Zoo

The Species Survival Plan aims to help conserve the unique cat.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The Prospect Park Zoo is doing its part to protect an at-risk species with a new exhibit to breed Pallas's cats.

The Pallas's cat — named after Peter Simon Pallas, who first described the small wildcat species in 1776 — is categorized as "Near Threatened" according to the International Union for Conservation of Nature. The cats are often hunted for their fur and organs, or are accidentally caught in traps set for larger animals like wolves.

Pallas's cats are not common in United States zoos, so the new Prospect Park Zoo exhibit will be crucial to their conservation, said Denise McClean, director of the zoo.

"We've been involved in breeding programs with many animals, from frogs to Hamadryas baboons," she said, "but this for us is very special, because it's a really interesting cat and there are not a lot of zoos in the U.S. that have that [opportunity]."

Pallas's cats are small, about the size of domestic cats, though they are not closely related to domestic breeds. It makes them a perfect size for the 12-acre Prospect Park Zoo.

"These small cats are just as beautiful and exciting as big cats," said McClean.

The Prospect Park Zoo will breed these cats as part of the Association of Zoos and Aquariums (AZA) Species Survival Plan, a breeding program between AZA-accredited zoos. Currently, there are 42 Pallas's cats in 18 AZA-accredited zoos.

The Pallas's cat exhibit is now open, featuring Batu, a male from Krakow Zoo in Poland, and Sarnai, a female from Helsinki Zoo in Finland. It's outfitted with a "rocky terrain" like that of their native habitat in Central Asia, so they can climb and hide, and has enough space to allow the cats to be solitary except for when they come together to breed.

If and when these cats breed, the kittens will stay at the Prospect Park Zoo with their mother until they are fully weaned. Then, the Species Survival Plan will take the kittens into its program and place them in other zoos.

Besides helping the conservation of these cats, the exhibit offers a rare, up-close glimpse at a unique and elusive animal not often seen in the U.S.

"The back of the exhibit is a glass window that looks into our discovery center, which is a small child-education area for toddlers," McClean said. "It's really fabulous, because the Pallas's cats can go up to the window, and they do, and can interact with people on the other side. You can get a view of the cat, nose-to-nose."

"We've been involved in breeding programs with many animals ... but this for us is very special, because it's a really interesting cat."
Denise McClean, zoo director

These cats are kind of unusual, McClean said, both in size and appearance.

"They have that very flat head and their ears are set on the side of their head, so when they're in their habitat looking over rocks, you don't see the ears. They're different-looking from a lot of cats," she said. "They have this beautiful, plushy coat, a short striped tail. They've just got great characteristics, and you put them together and it's a really wonderful little animal."

More on the construction of the Prospect Park Zoo's Pallas's cat exhibit can be seen in the third season of Animal Planet's "The Zoo," which premieres Sunday, Feb. 10, at 8 p.m.

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Yes, money can buy (some) happiness

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ISTOCK

From ancient philosophers to current experts in behavioral economics, people have long pondered the link between money and happiness. Among them is author Gretchen Rubin, who thinks about happiness for a living. She's written several books on happiness, including "The Happiness Project" and the forthcoming "Outer Order, Inner Calm."

She helped think through the question of whether you can use discretionary money to buy happiness. Short answer: probably not. But you can definitely spend money to increase it. A lifetime happiness shopping list might go like this.

Buy better relationships
Key to happiness is how you deal with other humans. It's a recurring theme. "So if you're spending your money to broaden relationships or deepen relationships, that's a good way to spend your money," Rubin said. Use discretionary money to attend a college reunion or a friend's destination wedding.

A corollary, especially for younger adults: Buy a social life. Young adults often experience an intense period of socializing with friends, searching for life partners and networking for career opportunities — all potential sources of happiness. Maybe increase social bar-and-restaurant spending or pay for a dating app.

Buy experiences — and some things
The usual advice is "buy experiences, not things." But that requires a deeper dive.

"What I find is often the line between experiences and things is not that clear," Rubin said. A bicycle can provide an experience, and a new camera can preserve one. So buy experiences, especially with other people, but also think about buying material things that allow you to have experiences or enhance them.

Buy solutions
Also known as "throw money at the problem" or "buy back time."

"One thing that makes people happier is to feel they have control over their time and they're not doing boring chores," Rubin said. So that could mean paying someone else to do yardwork or using a full-service laundry. It's the balancing act of money versus time. If you have a little extra money — probably because you sold your time to an employer — buy back time by paying for convenience.

Buy according to your interests
What represents a happy experience for one person is not necessarily the same for another. Someone who mostly dines out should probably not use discretionary money to buy a fancy set of kitchen knives. But someone who loves to cook? Maybe so.

Rubin reminds us, "Beautiful tools make work a joy."

Buy discipline
Want to improve your diet or fitness but have trouble summoning motivation? Use your money. That might mean choosing a pricier gym that's more convenient or even hiring a personal trainer to add accountability. At the supermarket, it could mean buying healthy foods that are more convenient, like bagged salad.

"If you can make it slightly easier to get yourself to do something you want to do, that's a good way to spend your money," Rubin said.

This article was written by NerdWallet and was originally published by The Associated Press.
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EDUCATION

ISTOCK

More parents are putting limits on college help

A growing number want their kids to help pay, and fewer are willing to sacrifice their retirement funds. That's a good thing.

NerdWallet is a personal finance website.

Tyler Luker of Plano, Texas, is a high school junior who already knows which college he wants to attend (University of Missouri), how much it costs ($43,300 for out-of-state residents) and how much he can expect his single mother to contribute: nothing.

"That's protecting my retirement," says certified financial planner Sharon Luker, 64. "I don't want to work when I'm 70."

While most parents plan to help with at least some college expenses, more are coming around to Sharon Luker's point of view that they shouldn't sacrifice their own financial well-being to do so, a survey by student lender Sallie Mae found.

"As a parent, you want to do what's best for your kids," says Sallie Mae spokesman Rick Castellano. But "parents do want their students to have some skin in the game."

The 2018 survey of 2,003 parents with children under 18, conducted by pollster Ipsos, found more parents say their kids should help pay for their own educations, with 59 percent saying college costs should be a shared responsibility compared to 51 percent in 2016. The proportion saying the burden should be entirely the parents' dropped to 26 percent from 30 percent.

Sixty-nine percent vowed not to touch their retirement funds for college costs, up from 60 percent in 2016. An improved economy seems to have convinced more parents that they'll be able to pay for college out of their income and savings, rather than tapping retirement, Castellano says.

Still, more parents were saving for college (56 percent) than their own retirements (54 percent). Ideally, people would be on track with retirement savings before saving for their children's educations. As college costs continue to spiral, parents tempted to spend excessively to educate their kids need to think twice. Here's why:

Stinting retirement savings is costly. You can't get back lost company matches, tax breaks and all-important compounded returns if you don't contribute.

You can overdose on debt. Federal PLUS loans, which can help parents pay for college, don't require thorough credit checks or proof that you can repay, which means it's easy to borrow more than you can afford to pay back.

Education debt can follow you to the grave. It's difficult to erase education loans in bankruptcy court, and the government can even take a portion of your Social Security checks, normally off-limits to creditors, if you fail to repay federal loans.

Certified financial planner Monica L. Dwyer of West Chester, Ohio, whose three children attend the University of Cincinnati, was upfront with them about how much help they could expect. Each child had about $25,000 in 529 college savings plans, plus Dwyer and her husband, Sean, pay for food, health insurance, cell service and car insurance if the child lives at home.

"I think that if you give children limits, and explain what they have available to them … they will likely make the right decisions," she says. "Or maybe I have been lucky."

The Dwyers refuse to co-sign private loans or take out parental loans. The kids got jobs and federal student loans, which are limited to $5,500 the first year, to help cover tuition and books. Sean Dwyer recently took a post as an academic advisor at the university, so the $11,000 annual tuition is now waived for all three kids and "it is such a huge relief for our family," Dwyer says.

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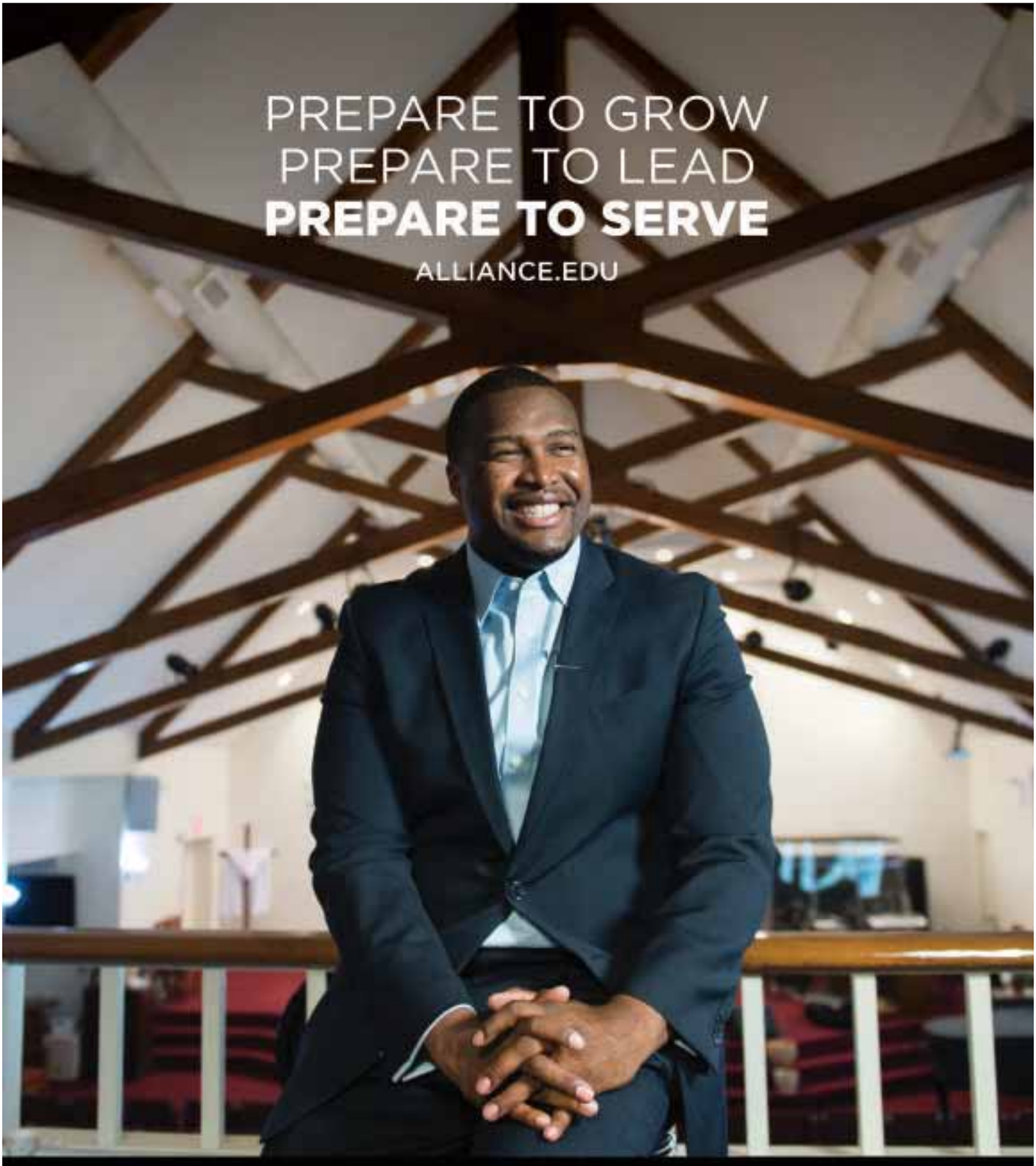

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How the government shutdown may affect the chances of funding your research grant

Here's what you need to know.

PAT KING
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ALL PHOTOS ISTOCK

It has been a strange start to 2019, to say the least. We are currently in the midst of our nation's longest government shutdown as both sides of the aisle are unwilling to compromise with each other over funding for the president's border renovation plans at the southern border.

As many agencies are now losing their funding, many Americans are starting to find themselves within the crossfire of this political water balloon fight. While we know that agencies such as the FDA are no longer being adequately funded to test foods like lettuce in our grocery stores, funding for medical research is now being affected by the closing of the government as well.

According to the National Science Foundation (NSF), in a statement from September 2018, they laid out clearly that during the last government shutdown, research grants receiving funding were able to continue, while researchers looking for new funding or assistance from the government would be left cold.

"As part of the shutdown activity," the release reads, "a notice will be sent to the Foundation's off-site awardees informing them that work may continue on all awards to the extent that doing so will not require federal staff intervention and that funds are available. The notice will inform awardees that no payments will be made during the funding hiatus."

32nd
Day of the government shutdown

In a nutshell, while ongoing and currently funded research can continue, those researchers who are looking to break new ground and explore new findings will not be given any money by the federal government and will be forced to look elsewhere.

This may not seem like it is as dire as, say, the halting of SNAP payments or the 800,000 government employees who are not receiving paychecks during this stalemate, but medical students and scientific researchers who depend on government grants in order to do meaningful work in the field are impacted as well.

Schools like the University of Washington understand why many

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of their students and researchers may be feeling a bit uneasy with the length of this shutdown, and have been transparent with how many grants are currently waiting for approval by agencies affected by the shutdown. As of now, the university has a total of 481 proposals requesting $241,739,864 from federal agencies. Of that total, 40 proposals requesting $12,934,133 were submitted after the shutdown began.

The university will still allow students and researchers to do work on existing proposals unless they are either given "a notice from the agency or sponsor was received to halt the work" or if the research requires agency resources such as personnel, data or facilities in order to complete.

It is hard to see an end to the bickering on Capitol Hill over this divisive issue, and this bickering has the potential to halt the innovation we need to bring us into the future.

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I've got two Grumbles:

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2.) Stop all the ways the stores are giving discounts electronically. Shop-Rite, you need to do something on the phone or something other than a digital coupon. I'm sure I'm not the only senior who can't use a computer or a smartphone. Just make some sales the normal way. That would be greatly appreciated!

Thanks for your time!

— **Alma**, *Metro Philly reader*

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TREATING YOURSELF

Everyone is deep into their New Year's resolution diets, myself included, but the other night I had no choice but to break it. I had been good all week — eating flavorless foods with the texture of particle board — so I decided to go to the store for supplies to make myself the best burger I possibly could. While it was definitely decadent, it felt like I was doing something good for myself by cooking it with my own two hands. I'll just keep telling myself that!

Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

metro.us/horoscopes

Aries Follow your heart and do what makes you feel good about who you are and what you have to offer. Refuse to let anyone put demands on you or interfere in your plans.

Taurus Protect personal information. Work at your own speed and focus on what you do best. Second-guessing your ability will put you in a vulnerable position. Don't limit what you can do.

Gemini Focus on home, family and important relationships. Protect yourself against those who are trying to interfere in your personal life. Think before you make a change that is likely to give someone else the upper hand.

Cancer Look at every angle and consider what's in your best interest. A partnership should be carefully considered. Joint ventures are likely to take a sudden turn.

Leo Have some fun, make personal changes and express your true feelings. If you make way for new beginnings, you'll get a chance to use your skills and talents creatively.

Virgo Put a limit on your spending and stay focused on what's important to you. Personal change may not be wanted, but it will turn out to be beneficial.

Libra Updating your look or sharing something special with a loved one will help you gain perspective and encourage you to walk away from disruptive influences.

Scorpio Taking a business trip, engaging in talks or dealing with matters that are causing you grief will put your mind at ease. Change will come at a price. Weigh the pros and cons.

Sagittarius Personal gain should be your focus. Physical fitness, better health and financial stability should be your goals. A romantic gesture will improve your life.

Capricorn Accept the inevitable and keep moving forward. Arguing won't help you get what you want; it will only slow the process. Trust in yourself, not an outsider.

Aquarius Consider your talents and skills and how best to apply them to the current market. A partnership will turn out to be advantageous. Positive change is heading your way.

Pisces Live and learn. Experience is a great teacher, and by participating in events you'll discover your skills and attributes. Trust in yourself, not in someone who is being manipulative. EUGENIA LAST

The late-night show is back with a brand-new format. GETTY IMAGES

Conan O'Brien's talk show returns with a whole new look

The revamped series' first guest will be none other than Tom Hanks.

ANDREW HUSBAND
drew.husband@metro.us

After going off the air for several months, comedian and talk show host Conan O'Brien's titular "Conan" program returns to TBS this week. The longest-serving late-night talk show host in American TV history, O'Brien's hiatus allowed him and his Team Coco to produce another "Conan Without Borders" special, a podcast and many other comedy goodies. Now that "Conan" is back, however, it's time for the host to introduce the program's brand-new look and format.

Conan O'Brien returns to late night

O'Brien brought the previous version of his self-titled talk show to a close in early October 2018, when former show writer-turned-guest Deon Cole appeared on the program to wish everyone at Team Coco the best. Following the recent premieres and cancellations of several other late-night shows and the popularity of other series' virality-focused, shorter formats, O'Brien and company decided to take a break so that they could retool "Conan" and adjust to these trends.

On Tuesday, Jan. 22, that's exactly what audiences at home are going to see when "Conan" returns for its ninth season at TBS. The new version will last only half an hour, like cable competitors "The Daily Show," "Full Frontal" and "Last Week Tonight." Aside from cutting into the traditional hourlong format, however, the new "Conan" will also boast a brand-new stage, no house band and a greater emphasis on stand-up comedy, sketches and bits.

Who's on Conan O'Brien's show this week?

To kick things off, O'Brien's longtime friend and frequent guest Tom Hanks will appear on Tuesday's program. Wednesday will see O'Brien hanging out with the cast of NBC's "The Good Place" (Kristen Bell, William Jackson Harper, Jameela Jamil, D'Arcy Carden and Manny Jacinto), while Thursday's episode will feature former "Saturday Night Live" player-turned-"Barry" actor Bill Hader.

Following the premiere week's truncated schedule due to Monday's Martin Luther King Jr. Day holiday, its second week on air will present viewers with the first full week of uninterrupted new episodes of "Conan" from Monday to Thursday night. Guests will include comedians Tig Notaro, Pete Holmes and Gary Gulman, actress Gina Rodriguez and actor Matt LeBlanc.

"Conan" premieres tonight at 11 p.m. on TBS.

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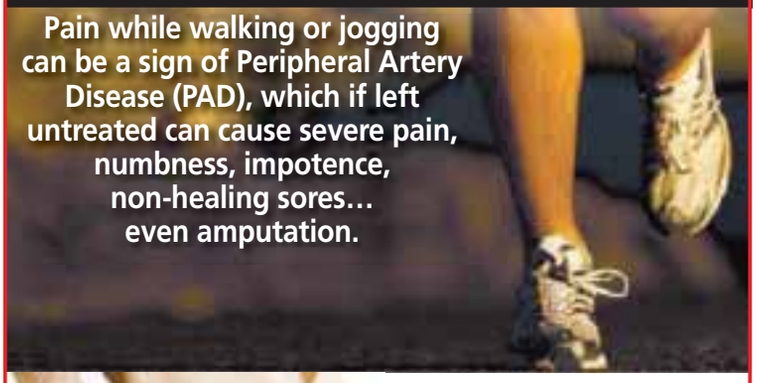

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Pete Holmes, Jamie Lee talk 'Crashing' season 3

The stars discuss paying attention to what's happening both on and off the stand-up stage.

ANDREW HUSBAND
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More often than not, stand-up comedy is an art form that requires its practitioners to pay close attention to how their audiences are reacting. Did they think the joke was funny? No? Then why not? Translated to scripted TV, these same questions plague stars Pete Holmes, Jamie Lee and the rest of the writers and comics who work on HBO's "Crashing." Obviously, these are two very different kinds of storytelling, but with "Crashing" season 3, Holmes and company just want to make sure they're paying attention.

"There are certain jokes and situations that just require you to pay more attention," Holmes tells Metro. "I used to have this joke, which we actually used for 'Crashing' this season, that was about having phone sex with a girl I was dating. The joke didn't work unless I had this level of hyper-consciousness about how awkward and bad this sounds to the audience. I had to let them know that I knew they hadn't come here to listen to me talk about things like that. I had to address it in the joke itself. Otherwise, it didn't work. So you just have to pay attention to things like that."

It's an especially relevant attitude considering the recent return of Louis C.K. to the stand-up stage after he admitted to masturbating in front of several women without their consent in 2017. Since his admission, the once-popular comedian has returned to work from a brief hiatus that, despite his more dedicated fans, has stirred controversy among critics and audiences alike. This is especially the case since, according to witness accounts of Louis C.K.'s sets, he hasn't addressed the matter at all.

Season 3 of "Crashing," however, is taking the opposite approach. In fact, as Lee tells Metro, Holmes and executive producer Judd Apatow were adamant that comedy's current crisis be addressed this season.

"We definitely have a story line with my character Ali this season in which she's performing one weekend at a club where a male

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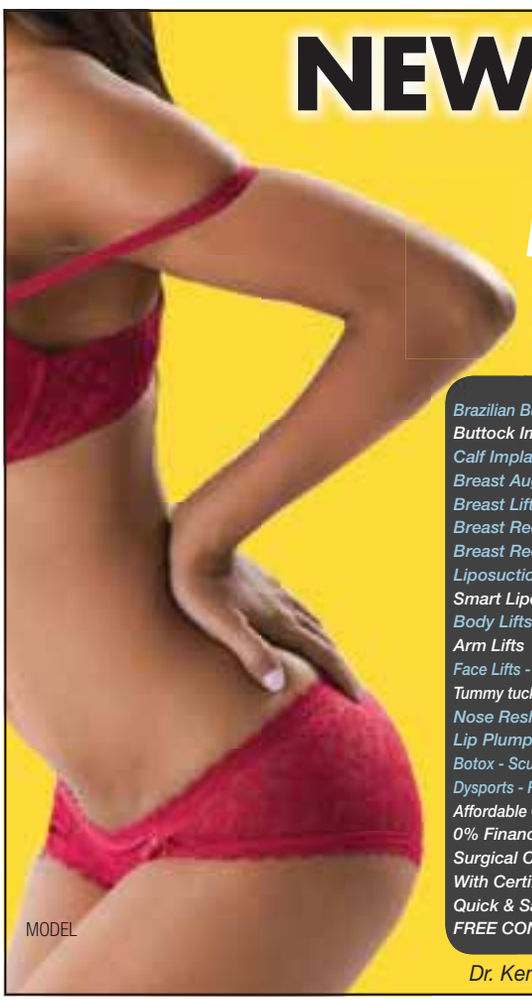

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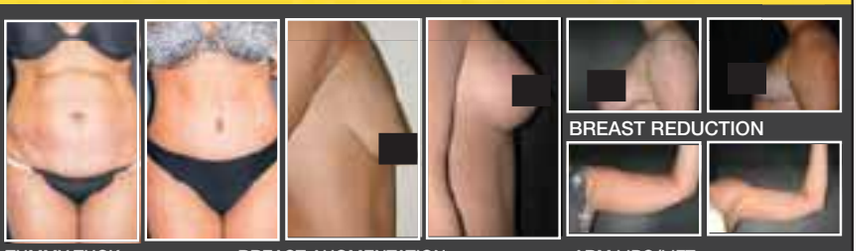

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"Crashing" is back for season 3. HBO

comedian there really goes out of his way to make her feel small and belittle her," she says. "She does end up triumphing over him and the situation, but I do think that when we were writing it, there was a lot of conversation in the writer's room about how to portray that experience accurately. It's something I've definitely gone through as a working comic. To their credit, Pete and Judd did a really good job of wanting to nail the story's accuracy. They really want to pay attention to these more sensitive story lines."

As quick as Lee is to commend Holmes and Apatow, she also deserves plenty of credit for steering "Crashing" in the right direction. A longtime collaborator of Holmes, the comedian has been working with a core group of writers and producers since the show's first season. She didn't initially intend to become Ali Reissen, a comic and former love interest of Pete's onscreen alter ego, but she's glad it happened.

"I think my biggest goal is for us to be making television that is relevant," says Lee. "We're not making 'Game of Thrones' or anything like it. This is real life."

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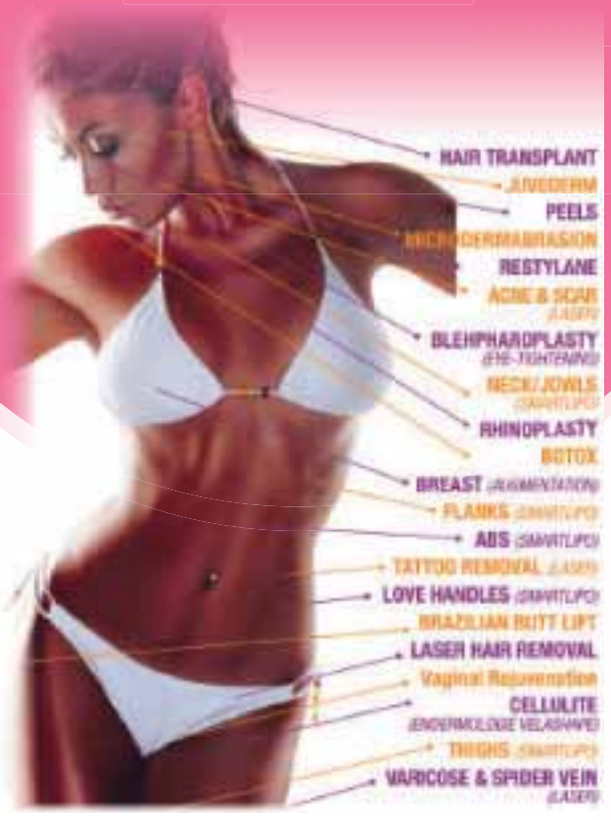

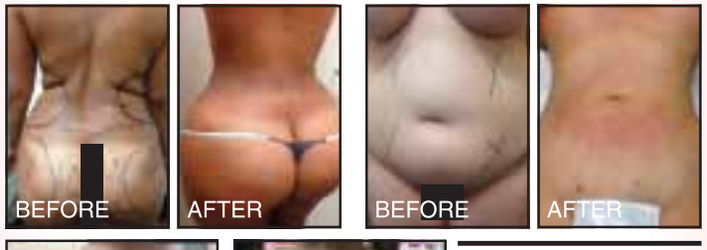

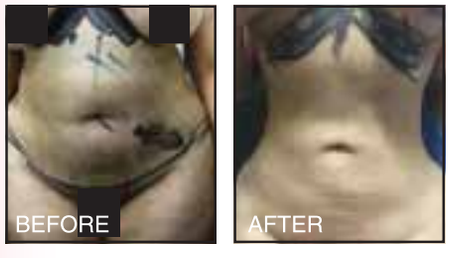

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Three-week binge

The winter edition of Restaurant Week is underway — here are our recommendations.

EVA KIS
eva.kis@metro.us

Hibernating is our natural state during January in New York City, but you'd be crazy to sleep on the first-ever Winter Outing, when 2-for-1 tickets to bucket-list attractions and Broadway shows coincide with the winter edition of NYC Restaurant Week 2019.

From Jan. 21 through Feb. 8, 370 restaurants across the five boroughs (though mostly Manhattan) are offering two-course lunches for $26 and three-course dinners for $46 to draw you out of your cozy cave.

To help start your list, we've rounded up our recommendations of where to eat during NYC Restaurant Week 2019's winter edition.

Freemans

Hidden down a Lower East Side alley, Freemans is the city's coziest restaurant, where you'll find rustic favorites like hot artichoke dip with crispy bread and a barbecue brisket sandwich for lunch, while for dinner there's duck leg confit and spaghetti with pistachio pesto. *Freeman Alley, freemansrestaurant.com*

Cafe Clover

Beloved by the Fashion Week crowd, Cafe Clover is the kind of healthy-ish restaurant that still feels indulgent. Come by for Restaurant Week dishes like calamari with sprouted legumes, chickpea pappardelle and chocolate cake with mascarpone ice cream — see what we mean? *Dinner only, 10 Downing St., cafeclovernyc.com*

Tortellini in brodo at Nonna Beppa. RODRIGO TORRES

Rahi

Taking Indian traditions in a totally new direction, Rahi uses local ingredients to reimagine Indian dishes with artful presentations, plus fun cocktails and a party vibe that's made it a West Village favorite. *60 Greenwich Ave., rahinyc.com*

Woo SoHo

One of the city's OGs of Korean food from 1999, Woo Lae Oak, is back as Woo SoHo in a grand new space that takes Korean classics and updates the cooking methods while using a more delicate hand on spices to show off ingredients from pork belly to ostrich. *Lunch only, 206 Spring St., thewoosoho.com*

Nonna Beppa

Everything at Nonna Beppa is made the way chef Giancarlo Cacciatori's family has made it for four generations in Northern Italy. Their "strictly traditional and unabashedly simple" Restaurant Week menus include handmade pasta like tortellini in brodo and beer-braised beef cheeks. *290 Hudson St., South Village, nonnabeppa.com*

Henry at Life Hotel

James Beard-nominated chef J.J. Johnson has brought his Pan-African cuisine — rolling in some Latin and Caribbean flavors, too — to Henry at Life Hotel near Herald Square. Don't skip the cocktails by Pam Wiznitzer (Seamstress). *Lunch & brunch only, 19 W. 31st St., henrynomad.com*

Fine & Rare

Cocktail lovers are well served by the deep liquor collection and customizable drinks — smoke your own Old Fashioned, anyone? — at Fine & Rare. The Old New York decor is complemented by nightly throwback jazz bands with no cover charge, though they did just bring back lunch in time for Restaurant Week if you can hide how much fun you had. *9 E. 37th St., fineandrare.nyc*

What you need to know about your thyroid

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ISTOCK

Everyone is probably aware that they have a thyroid gland, and that it is related to metabolism, but many people don't know how it functions in the body. January is Thyroid Awareness Month, so we spoke to Dr. Terry Davies, professor of medicine, endocrinology, diabetes and bone disease and director of the Thyroid Center at Mount Sinai Union Square, to tell us more.

What is the thyroid, and how does it function in our bodies?
The thyroid gland is a small, butterfly-shaped gland located in the base of the neck, just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body. The thyroid produces hormones that regulate the body's metabolic rate (how we process food and produce energy), as well as heart and digestive function, muscle control, brain development, mood, and bone maintenance. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.

What can we do to maintain a healthy thyroid?
There is a lot of misinformation on the internet about diet and thyroid. One of the most important things you can do to maintain a healthy thyroid is eating a well-balanced diet. With a normal diet, we have very little dietary influence on thyroid function. In the world as a whole, iodine deficiency is the most common cause of a low thyroid. However, in New York, we rarely see such deficiency except perhaps in pregnancy or people on strange diets. The best way to keep the thyroid healthy is to keep the entire body healthy with a good nutritious diet and plenty of exercise. Low thyroid is often blamed for obesity or depression and high thyroid is often blamed for weight loss or anxiety. Checking blood tests for thyroid function may be a good idea in such situations.

Are there any populations that are especially affected by thyroid disorders?
Thyroid disease affects all age groups, although it is uncommon before puberty. Women, however, are seven times more likely to have thyroid disease than men. And young women are more commonly affected than older women. Most doctors are concerned with pregnant women because we need to be sure that the baby gets just the right amount of thyroid hormone. High-risk women should be screened, but simply being female boosts the risk of thyroid disease.

How are disorders/diseases tested for?
Your doctor can diagnose hyperthyroidism and hypothyroidism by testing the levels of thyroid hormones in your blood. The tests measure hormones from the thyroid itself, as well as thyroid-stimulating hormone (TSH), a chemical released by the pituitary gland in the brain that triggers your thyroid. When you have hypothyroidism, you have higher TSH levels because your body is trying to tell your thyroid to make hormones. The reverse is true with hyperthyroidism, TSH levels are below normal and thyroid hormone levels are high. For growths on the thyroid, a physical examination is insufficient; an ultrasound examination is needed.

How are they treated? Can you live without a thyroid gland?
Thyroid-problem treatments vary and may include monitoring, medications, surgery or radioactive iodine. The majority of thyroid nodules don't require treatment. Treatment options for larger or cancerous nodules, or nodules that produce additional thyroid hormones, may include medication or surgery. Graves' disease is also sometimes associated with an eye disease, which can be a real problem.

If you don't have a thyroid gland, you can expect to have many of the same symptoms as the more common types of hypothyroidism that occur due to an underactive thyroid gland.

At Mount Sinai, we have a unique Thyroid Center in Union Square that allows one-stop shopping for testing, clinical evaluation, and treatment, surgical opinion, ultrasound, and biopsy all in the same place. You can call 212-420-4112 for an appointment, which is guaranteed within 72 hours. Always remember to bring your test results with you whenever you visit a physician.

SHEILA DOUGHERTY

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Now You Can Finally Afford Health Coverage!

By Amy Smith

Originally known as the Bronx Health Plan, Affinity Health Plan opened for business in 1986 with the goal of offering affordable, high-quality healthcare coverage to New Yorkers in need. As such, Affinity became the first health plan licensed in New York State to serve public-sector health programs.

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Affinity members also have over 70,000 nationwide pharmacies to choose from, including 5,000 in New York State. We are also welcomed at many local independent pharmacies and national chains like CVS, Duane Reade, Rite Aid, Target, Walgreens, and Walmart.

Affinity makes choosing a health plan easy. Anyone can visit one of their 15 Community Service Centers (CSCs) located throughout their service region. Once there, an Affinity representative can help determine eligibility for coverage, assist with plan selection, and even help fill out an application, if eligible. To find the nearest Community Service Center, visit **AffinityPlan.org/locations.**

As a community-based and centered plan, Affinity Health Plan staff consistently devotes their time and talents to improving the quality of life in neighborhoods across New York State. Together, employees volunteer in numerous ways, including assisting at a soup kitchen every second Saturday of the month; helping City Harvest Mobile Markets in the distribution of fresh produce to residents in low-income communities; cleaning and revitalizing a local homeless shelter and playing non-competitive sports activities with children with special needs. These activities allow our employees to share their personal values and, in doing so, allows the organization the opportunity to achieve their mission, increase personal effectiveness and continue to demonstrate a commitment to the communities they serve.

If you have any questions, you can contact Affinity Health Plan at **866.206.1741 (TTY 711)** and a representative will be on the ready to answer questions or address any concerns. Affinity is also active on Facebook and Instagram and always responds to questions in a timely manner. Additionally, Affinity holds a series of member advisory meetings where members can share their experiences with the plan and help us to continually improve our services.

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Will 1st-place Isles be buyers?

Recent reports suggest the Islanders could seek a sizable trade before the NHL's deadline.

JOE PANTORNO
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As a surprise to approximately everyone in the NHL world, the New York Islanders are in first place in the Metropolitan Division through 48 games and have the second-best mark in the Eastern Conference with 62 points.

It's just the third time since 1990 that the Islanders have led their division this late in a season.

This was a team expected to wallow near the bottom of the East after the loss of John Tavares, while bringing on no significant upgrades for a defense that was the worst the NHL had seen in a decade.

But Lou Lamoriello and head coach Barry Trotz have brought a winning culture to Brooklyn and Long Island as the Islanders have the best goaltending duo in the league along with the top defense as they've allowed an NHL-low 119 goals.

It's a rock-solid foundation for a team that has been the hottest in hockey over the past month. They have won 15 of their last 18 games, including five in a row that most recently featured a 3-0 victory over the Anaheim Ducks. It was the Islanders' second straight shutout and just the fourth time in franchise history they recorded two straight shutouts with two different goalies (Thomas Greiss and Robin Lehner).

The offense has been doing just enough to keep the Islanders clicking without Tavares thanks to scoring depth that has been unseen around these parts in quite some time. For the first time since the 1984-85 season, New York has eight players with 10 or more goals through 45 games.

But with the postseason suddenly a legitimate possibility for a franchise that has just one postseason series victory since 1993, the Islanders could be looking for an added, big-time boost for the offense.

According to the Fourth Period's David Pagnotta, the Islanders are expected to be "active" around the NHL's Feb. 26 trade deadline as they look to be buyers. He added that they would weigh going after both rentals and players with term remaining and would be willing to trade a first-round pick.

While this is a compelling report that indicates the Islanders are about to go all in on a Stanley Cup run this year, there will be plenty of skepticism surrounding it. Lamoriello keeps his cards extremely close to the vest, as even the most reputable insiders have a hard time forecasting what he'll do.

Will the Islanders go all in on a Stanley Cup run? REUTERS

But if Pagnotta's reports are valid, the Islanders dangling a first-round pick means that they are willing to make a huge move.

WHOM COULD THE ISLANDERS GO FOR?

There has been a trio of names over the past few weeks that could be the crown jewels of the trade market, though it remains to be seen if they will, in fact, be available.

Ottawa Senators forward Matt Duchene has been linked to possible trades — including with the Islanders — since the summer, as his contract will expire at the end of the season. The 28-year-old is putting together one of his best years as a pro with 46 points (20 G, 26 A) in 40 games during his first full season in Ottawa after being traded from the Colorado Avalanche last season.

The rebuilding Senators, though, have recently met with Duchene's agent and reportedly offered an eight-year contract worth $8 million AAV, per TSN's Darren Dreger, though nothing is imminent as of yet.

If Duchene is off the table, the Islanders could inquire about his teammate, Mark Stone. The 26-year-old is having a career year of his own with 22 goals and 28 assists in 49 games.

In St. Louis, a miserable start to the season saw the Blues fire head coach Mike Yeo and make everyone on their roster available, including star winger Vladimir Tarasenko, per the Athletic's Jeremy Rutherford.

While they've somewhat improved under Craig Berube, the Blues are still struggling to get over the .500 mark. In the meantime, Tarasenko's name has not faded from trade talks.

Averaging just over 37 goals per season over the last four years, Tarasenko is a sniper that would pack a natural scoring punch to the Islanders' offense. He has 16 goals and 14 assists in 46 games this season and is signed through 2022-23.

The most promising name available could very well be that of Artemi Panarin. The Blue Jackets star will meet with management during the All-Star break to discuss his future with the team as free agency looms this summer.

However, even if the Blue Jackets feel their best course of action is trading the 27-year-old, it would be difficult to see them trading him to the Islanders, a divisional opponent whom they trail in the Metropolitan by just three points.

The officiating crew led by Bill Vinovich (above) missed a crucial pass interference penalty that would have clinched a victory for the New Orleans Saints in the NFC Championship Game. GETTY IMAGES

THE NFL IS BROKEN AND THEY DON'T REALLY CARE AT ALL

OPINION

JOE PANTORNO
@JoePantorno

Structurally, the NFL is the worst league in professional North American sports. Sunday's AFC and NFC Championship games further proved that.

Once again, one of the biggest days in sports was marred by poor officiating, puzzling rules and sheer ignorance from the powers that be. And it clearly decided who was going down to Atlanta to meet in Super Bowl LIII.

To put it plainly, the New Orleans Saints and Kansas City Chiefs were done in by a blown pass interference call and a coin toss.

Before you NFL junkies — who like to die on every hill when it comes to defending this league — I just want to tell you how much I abhor going after officials or technicalities or commissioners. Usually, when those kinds of thoughts creep into my mind I think I'm more deserving of wearing a tinfoil hat and coming up with conspiracy theories in my basement.

However, Sunday provided quite a stain for the so-called most popular sporting league in the United States.

The NFC Championship Game saw the Los Angeles Rams gifted with another life after defensive back Nickell Robey-Coleman eviscerated New Orleans' Tommylee Lewis on a 3rd-&-10 pass from Drew Brees on the Rams' 13-yard line.

Had the officiating crew led by Bill Vinovich contained eyes, a brain, or possibly different motives, it would have given the Saints an automatic first down with 1:45 left in the game, with the game tied at 20 apiece.

The Saints would have then had an easy opportunity to run the clock down and kick a game-winning field goal as time expired.

Instead, New Orleans had to kick a field goal and give the ball back to the Rams, who went down and tied the game before winning it in overtime.

After the game, Saints head coach Sean Payton received a call from NFL head of officiating Al Riveron saying that Vinovich's crew got the call wrong.

Gee, what consolation. Basically, an incompetent official's incompetent boss said "my bad." That doesn't change the fact that the Rams are going to the Super Bowl instead of the Saints.

It kind of makes you wonder if things would have been called differently if the roles were reversed. After all, the Rams being in the Super Bowl is a huge win for the NFL as they try to grow the game's legitimacy in Los Angeles, a major sports market that has been stubborn to accept the league.

Hold on, let me put my tinfoil hat away.

It would be tough to top that display of head-scratching ineptitude from the NFL, but it was only the beginning as the AFC Championship Game between the New England Patriots and Chiefs saw a classic slugfest hindered by governing issues.

Sure, there was plenty of poor officiating, including a ridiculous roughing the passer call on Chiefs pass rusher Chris Jones, whose arm hit the shoulder of Tom Brady that gifted the Patriots a first down. New England was trailing 21-17 with 7:05 left in the game with the call, gifting them an automatic first down instead of it being 3rd-&-7.

Granted, the Patriots were a machine when it came to converting third downs on Sunday night. And the Chiefs shot themselves in the foot plenty of times, most notably when Dee Ford canceled out the game-winning interception when he lined up in the neutral zone.

The biggest problem with how things ended in Kansas City was that the Chiefs never got a chance to touch the football in overtime.

The NFL's rules for the extra period, in which the game ends if the team that gets the ball first scores a touchdown, basically puts a team's entire season on the chances of a coin toss. It's mind-boggling how in a conference title game, both offenses can't get at least one possession of the football.

You're going to tell me only Brady deserved a chance at getting the ball, and not Patrick Mahomes, because of a coin toss? Neither defense was going to stop either quarterback in overtime last night. It's only logical that, at least for the postseason, the Chiefs got the ball for a chance to force a double overtime.

A variation of this idea has worked in college football for years. How can the NCAA, which is one of the most corrupt organizations on the planet, have this right and not the NFL?

It just doesn't make any sense. And I wish the issues stopped there, but they don't.

A report from ESPN's Adam Schefter on Sunday revealed that former Chiefs running back Kareem Hunt has been receiving interest from "multiple teams," and that he'll be signed by an NFL franchise "sooner rather than later." Hunt was cut by the Chiefs in late November when a video surfaced of him shoving and kicking a woman, actions that should never see the rusher wear an NFL uniform again, at the least.

Yet, this just further proves that if you're talented, the NFL will look the other way on basic human values because the only thing they really care about is the almighty dollar. Anything else some fan or official tells you is a boldfaced lie.

But hey, enjoy the Super Bowl.

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NOTICE IS HEREBY GIVEN that a license, Serial # 1315565, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 1063 Bedford Ave., New York, Brooklyn, NY 11216. Kings County, for on premise consumption. Vinophili LLC.

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1313914, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 214 Stanhope St., Brooklyn, NY 11237. Kings County, for on premises consumption. Mexi Equa Share Inc. d/b/a Taqueria Santa Fe.

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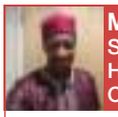
NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1368 Castle Hill Ave., Bronx, NY 10462. Bronx County, for on premises consumption. 2933 Fulton Street Restaurant LLC d/b/a El Fogon Restaurant.



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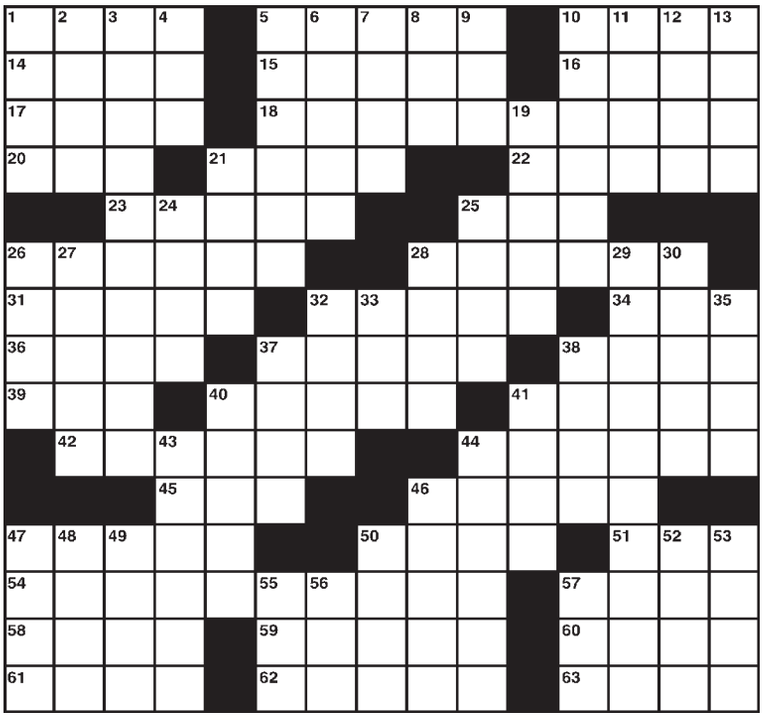
ACROSS

1 Freeway entrance
5 "Get lost!"
10 Paid athletes
14 Ship's pole
15 High society
16 Helpful suggestion
17 Quite
18 Remorse
20 Fraternity letter
21 Unfair slant
22 Crooked
23 Arctic or Atlantic
25 Girl's nickname
26 Handbook
28 Black-and-white mammals
31 Skilled
32 Orange or peach
34 Black Jack, for one
36 Floor pads
37 Two-by-four
38 Meanie
39 Likely
40 Burn at the edges
41 Little misses
42 Tried-and-true
44 Narrow streets
45 Not up to __; substandard
46 Uncouth
47 Zeal
50 Escaped
51 Use a straw
54 Hairdresser
57 Costa __
58 Gave to a borrower
59 __-cotta; patio pot clay
60 Kiln
61 Forest animals
62 Looks for
63 Marries

DOWN

1 Invitation letters
2 Gorillas & gibbons
3 Punch or Judy, e.g.
4 Be nosy
5 Soap opera
6 Spick-and-span
7 __ up; shreds
8 Feasted
9 Guys
10 __ out; eliminated gradually
11 Skater's oval
12 "__ upon a time..."
13 One-dish meal
19 Jeer at
21 Exhausted
24 Pieces of china
25 "I Am...I __"; Neil Diamond song
26 One of the Three Bears
27 Alter to make fit
28 Untainted
29 Pushy
30 Irritable; cranky
32 Isn't __ of; dislikes
33 Cleaning cloth
35 __ hall; army dining room
37 Coffin platform
38 Lubricates
40 Begin
41 Thrilled
43 Pitcher parts
44 Sports buildings
46 Actor Gable
47 Up to the task
48 Become dizzy
49 Unpleasantly moist
50 Forest danger
52 Coated with frosting
53 Pieces of cookware
55 "__ a Long Way to Tipperary"
56 Bee's follower
57 Argument



BY TCA

metro.us/wordsearch

Y	S	J	Q	S	N	D	T	S	N
T	B	Y	O	M	I	L	G	O	O
T	R	W	L	L	P	E	L	N	I
E	E	E	L	G	T	F	O	A	S
B	I	O	M	G	U	N	B	R	I
P	S	F	A	E	C	I	E	P	V
E	A	F	D	A	K	E	S	O	E
A	R	I	M	Y	H	S	K	S	L
K	F	C	E	C	N	I	W	T	E
S	V	E	N	E	D	L	O	G	T

Betty
Cheers
Frasier
Glee
Globes
Golden
Mad Men
Nip/Tuck
Office
Peaks
Seinfeld
Sopranos
Television
Twin
Ugly

metro.us/wander

Category: Actor

N	W	D	Y
O	O	O	H
S	L	R	A
	E	R	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

2		8	3					7
	6			8		3	1	
	1		2		7			
7			1			6		
3		2	8	4	6	7		1
		1			3			5
			4		5		3	
	3	6		1			7	
1					8	2		9

Yesterday's Answers

A	S	P	S			O	A	R	S		O	W	L	S
B	O	A	R	D		C	L	A	W		R	E	A	P
L	A	S	S	O		T	I	M	E	P	I	E	C	E
E	R	S		C	U	E			E	L	O	P	E	D
		I	N	E	P	T			P	A	L			
S	P	O	O	N	S			S	I	N	E	W	S	
O	R	N	O	T		C	O	U	N	T		H	U	T
S	O	A	K		C	L	A	N	G		M	I	N	I
O	U	T		B	O	A	T	S		S	E	T	U	P
	D	E	F	O	R	M			S	L	E	E	P	S
			R	I	D			F	A	I	T	H		
E	N	R	O	L	L			O	D	E		O	I	L
C	O	U	N	S	E	L	O	R		S	A	U	C	E
H	O	L	D		S	O	L	D		T	U	S	K	S
O	N	E	S		S	U	D	S			K	E	Y	S

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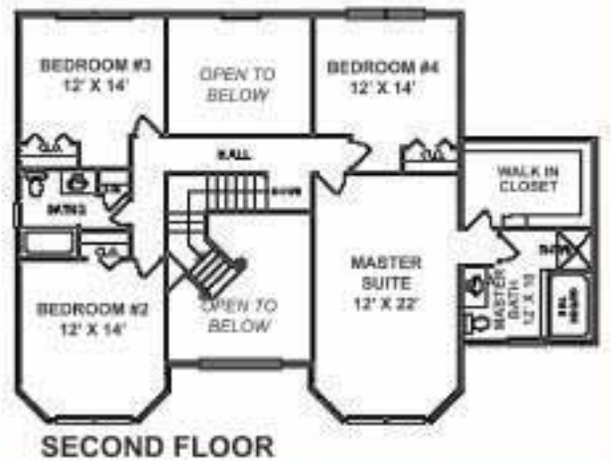

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